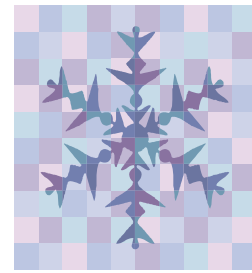


**Winter / Spring
2007
Elite Newsletter
REGION 5**



REGION 5 Training Camp

- Thank you to all who attended the Region 5 training camp, it was extremely educational for all of us.
- Several Region 5 athletes qualified compulsories for Hopes, PreElite and International. Optionals coming up!

UpComing Elite Regionals Hopes and PreElites

*****March Elite Regional Compulsory Qualifier***
Aerials- Illinois**

WHEN: Friday, March 9th

**WHERE: Aerial Gymnastics
1516 Brook Drive,
Downers Grove, IL 60515**

WHEN: 9:00am.

FEE: \$75.00

**CONTACT: Lin Caquatto - Cell- 630-240-5989
Home - 630-369-9898**

**HOST HOTELS: Holiday Inn Countryside - 708-354-4200
Mariott Oakbrook - 630-573-8555**

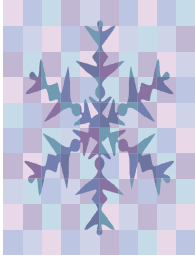
***** April 27th & July 13th *****

The next two elite regional qualifiers will be held in Cincinnati.

- The Entry forms can be found at www.cincinnati-gymnastics.com (elite)
- Just a reminder: the regional meets are for tops/hopes and pre-elites

2007 ELITE CALENDAR

2007	revised 1/11/2007	
Feb 21-24	American Cup Selection Camp	Training Center
Feb 24-27	American Cup Training Camp	Training Center
Mar 3-4	American Cup	TBA
Mar 5-10	USA/vs/World Training Camp	Training Center
Mar 10 -	USA/vs/World Competition	Houston, TX
Mar 30-31	Level 10 State Championships	Various Locations
April 10-14	Developmental Camp	Training Center
April 14-18	National Team Training Camp	Training Center
April 20-22	Level 9/10 Regionals	Various Locations
April 27-29	Level 10 Regionals	Various Locations
May 4-6	National Elite Qualifier	Training Center
May 11-13	Level 9 East/West Nationals	TBA
May 18-20	Level 10 Nationals	Mason, OH
May 27-31	American Classic (Pan Am Verification)	Training Center
May 31-June 1	American Classic (US Championships Qualifier)	Training Center
June 1-3	American Challenge	Training Center
June 30-July 4	Pan Am Games Selection Camp	Training Center
July 4-6	Pan Am Games Training Camp	Training Center
July 6-8	National Elite Qualifier	Training Center
July 6-18	Pan Am Games	Rio de Janerio, BRA
July 27-29	US Classic/Challenge	TBA
Aug 14-19	Visa National Championships	San Jose, CA
Aug 19 -	National Team Meeting	San Jose, CA
Aug 20-26	World Championships Training Camp	Training Center
Aug 27-Sept 9	World Championships	Stuttgart, GER



2007 CODE CHANGES:

- Tuck front full on floor is now a B
- A grip change into the dismount is does not count for the special requirement, it must now be in a skill within the routine.
- The deduction is .3

- <http://www.fedintgym.com/rules>

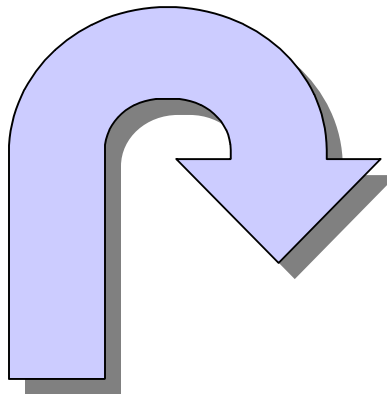
This is the website with the most current elite code

Region 5 Elite Camp for Coaches Attending Pan Am Games

- If anyone needs assistance during Pan Am Games while traveling I am brining in Mike Lorenzen to hold coaching sessions with all other elites.

Any questions or concerns, please feel free to email me at USAMLT@AOL.COM or call 513-860-3082

I have attached the updated elite
qualifying chart below



USA Gymnastics 2006-2007 Elite/Pre-Elite Qualification Chart (revised 1/9/2007)

	Senior Elite	Junior Elite	Junior Pre-Elite	Hopes
Age	15 and Up	11-15	11-15 (11-13 and 14-15)	10-12 (10 and 11-12)
Rules for Competition	Qualifiers: Competition I Classics: Competition I Championships: Competition I		Competition I 2 Vaults with the best counting	Competition I (modified ERG's for Hopes) 2 Vaults with the best counting
Competition Format	Qualifiers: Compulsory and/or Optionals. Classics: Optionals Championships: Two days of Optionals		Qualifiers: Compulsory and/or Optionals. Challenge: 30% Compulsory 70% Optionals	
Compulsory Scores	35.00 at Qualifiers (for "new" International Elites) International Elite athletes that have competed at a Classic are not required to attain a compulsory score		33.50 at Qualifiers	32.00 at Qualifiers
Optional Scores to Classics or Challenge	55.00 at 2006 Championships or 2007 National Qualifier or 2007 Team Training Camps (full routines)	53.00 at 2006 Championships or 2007 National Qualifier or 2007 Team Training Camps (full routines)	48.50 at Regional or National Qualifiers or Team Training Camps (full routines)	46.50 at Regional or National Qualifiers or Team Training Camps (full routines)
Qualification to Championships	Automatic: 2006 World Team (7) 56.00 at Classic meet(s) National Team members-Team Training Camp (full routines) or International Assignment	No Automatic Qualifiers 54.00 at Classic meet(s) National Team members -Team Training Camp (full routines) or International Assignment	NA	NA
	Three Event Total for Seniors only – 45.00 at Team Training Camp, International Assignment or Classic meet(s)			
Qualification to National Team/Training Squad	Top 12 AA from Championships (total AA score of both days competitions)	Top 12 AA from Championships (total AA score of both days competitions)	From US Challenge Junior Pre Elite 11-13 – Top 4 All Around Junior Pre Elite 14-15 – Top 1 All Around	From US Challenge Hopes 10 year olds – Top 1 All Around Hopes 11-12 year olds – Top 2 All Around
	Up to 4 additional gymnasts (Junior or Senior) may be selected to the National Team by the Athlete Selection Committee		Up to 8 additional gymnasts (Hopes or Juniors) may be selected from either the American or US Challenge to attend the Pre Elite Training Camp with Room and Board paid for by USAG	